

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Site: LF

KEY:

Served Warm

Freshly Prepared

BUSD Freight Farm

Farm Fresh
(Locally farmed produce)



Bellflower Unified School District

October 2024

Elementary & Secondary Menu

(Breakfast & Lunch will be served at all sites)

We are an Equal Opportunity Provider. This Menu is Subject to Change Without Prior Notice.

Daily Choices:

Breakfast & Lunch:
Juice and Fruit Variety

Milk Options (choose 1):

Non-fat Milk, 1% Milk,
NF Chocolate* (M & F)

Condiments:

Mustard, Ketchup, Mayo,
BBQ, Ranch & Italian
Dressing, Syrup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p> Concha Variety or Turkey Sausage Sandwich Peach Cup</p> <p> Chicken Broccoli Alfredo w/ Garlic Toast Freight Farm Lettuce Italian Dressing Pkt or Deluxe Chicken Sandwich w/ Ketchup, BBQ Pkt Apple Slices</p>	<p>2</p> <p>Cereal & Graham Crackers, Craisins or Yogurt Parfait</p> <p> Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Goldfish Crackers Jicama w/ Tajin Pineapple Bites</p>	<p>3</p> <p> Mini Bagel w/ Beef Sausage & Cheese or Muffin Orange Slices</p> <p> Roasted Chicken Dinner Roll Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/ Tajin Pkt Honeydew Sliced</p>	<p>4</p> <p> Cereal & Graham Crackers, Craisins or Waffle w/ Banana & Syrup Pkt</p> <p> Cheesy Beef Nachos Pinto Beans or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup</p>	
<p>7</p> <p> Cereal & Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Grilled Ham & Cheese Sandwich Butternut Squash Soup or Chicken Crisp Tacos Salsa Berry Blast Juice</p>	<p>8</p> <p> Concha Variety or Turkey Chorizo Breakfast Burrito Peach Cup It's Back!</p> <p> Spaghetti & Meat Sauce w/ Garlic Toast Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Apple Slices</p>	<p>9</p> <p> Cereal & Graham Crackers, Craisins or Yogurt Parfait</p> <p> Green Chile Beef Burrito w/ Beans or Beef BBQ Rib Sandwich Jicama w/ Tajin Pineapple Bites</p>	<p>10</p> <p> Turkey Sausage Breakfast Pizza or Fresh Berry Cream Cheese Bagel Orange Slices It's Back!</p> <p> Orange Chicken Steamed Rice Steamed Broccoli or Chicken Corn Dog Celery w/ Ranch Pkt Cantaloupe Sliced</p>	<p>11</p> <p> Cereal & Graham Crackers, Craisins or Breakfast Fruit Pizza</p> <p> Mac and Cheese Corn or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup</p>
<p>National School Lunch Week</p>				
<p>14</p> <p>No School</p>	<p>15</p> <p> Concha Variety or Turkey Sausage Sandwich Peach Cup</p> <p> Chicken Broccoli Alfredo w/ Garlic Toast Freight Farm Lettuce Italian Dressing Pkt or Deluxe Chicken Sandwich w/ Ketchup, BBQ Pkt Apple Slices</p>	<p>16</p> <p> Cereal & Graham Crackers, Craisins or Yogurt Parfait</p> <p> Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Goldfish Crackers Jicama w/ Tajin Pineapple Bites</p>	<p>17</p> <p> Cheesy Grits w/ Scrambled Eggs or Muffin Orange Slices It's Back!</p> <p> Roasted Chicken Dinner Roll Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/ Tajin Pkt Honeydew Sliced</p>	<p>18</p> <p> Cereal & Graham Crackers, Craisins or Waffle w/ Banana & Syrup Pkt</p> <p> Cheesy Beef Nachos Pinto Beans or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup</p>
<p>21</p> <p> Cereal & Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Grilled Ham & Cheese Sandwich Butternut Squash Soup or Chicken Crisp Tacos Salsa Berry Blast Juice</p>	<p>22</p> <p> Concha Variety or Turkey Chorizo Breakfast Burrito Peach Cup</p> <p> Spaghetti & Meat Sauce w/ Garlic Toast Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Apple Slices</p>	<p>23</p> <p> Cereal & Graham Crackers, Craisins or Yogurt Parfait</p> <p> Green Chile Beef Burrito w/ Beans or Beef BBQ Rib Sandwich Jicama w/ Tajin Pineapple Bites</p>	<p>24</p> <p> Turkey Sausage Breakfast Pizza or Fresh Berry Cream Cheese Bagel Orange Slices</p> <p> Orange Chicken Steamed Rice Steamed Broccoli or Chicken Corn Dog Celery w/ Ranch Pkt Cantaloupe Sliced</p>	<p>25</p> <p> Cereal & Graham Crackers, Craisins or Breakfast Fruit Pizza</p> <p> Mac and Cheese Corn or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup</p>
<p>28</p> <p> Cereal & Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Chicken Taco Salad w/ Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Orange Juice</p>	<p>29</p> <p> Concha Variety or Turkey Sausage Sandwich Peach Cup</p> <p> Chicken Broccoli Alfredo w/ Garlic Toast Freight Farm Lettuce Italian Dressing Pkt or Deluxe Chicken Sandwich w/ Ketchup, BBQ Pkt Apple Slices</p>	<p>30</p> <p> Cereal & Graham Crackers, Craisins or Yogurt Parfait</p> <p> Chicken Enchilada Casserole Salsa or Chicken Nuggets Goldfish Crackers Jicama w/ Tajin Pineapple Bites</p>	<p>31</p> <p> Cheesy Grits w/ Scrambled Eggs or Muffin Orange Slices</p> <p> Roasted Chicken Dinner Roll Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/ Tajin Pkt Honeydew Sliced</p>	